

Man Talk Begins its 3rd Year !

Are you a man over the age of 19 who has been sexually abused?
Would you like to talk with other men about that shared experience?
Man Talk is a small confidential emotionally supportive group for male victims of sexual abuse.

We meet on the first and third Wednesday evenings of the month.
New members always welcomed.

Topics we regularly discuss include:

- The Reality of Male Sexual Victimization
- Physical, Emotional and Spiritual Healing
- What to do with your abuser
- Breaking the Silence
- Healthy relationships
- Healthy Sexuality
- Parenting
- Addiction
- Trauma and its effects



For more information email or call Sheri L. Dawson

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Or call (902) 443-0192

We strive to be a welcoming and safe space.

GBTIQ, African Nova Scotian, Aboriginal and other men representing diverse communities are encouraged to join.